

Travel Soccer

Coach Information Package



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1 Overview- New Developments, Objectives and Expectations

1.1 FALL TRAVEL PRACTICES (As of September 2019)

- For the fall season, travel teams will have two practice sessions each week. One practice will be a team practice led by team coaches, and the other practice will be a team practice led by a pro coach assisted by team coaches. These professionally coached practice sessions are intended to expose all of teams of players to the same grade-based skill work and provide our coaches with the opportunity to work side-by-side with our experienced professional coaches. **It is expected that coaches will attend and actively participate in their team's professionally coached practice sessions.**

1.2 Travel Soccer Objective & Principle at CCYS

- Our objective in CCYS Travel is to develop the player, not the team. This means:
 - Allocating equal playing time for each player
 - Rotating players through all positions over the course of a season (even through 8th grade)
 - Developing every player: there are no 'liability' players, no dedicated goalies
 - We should use games as the chance for players to apply what they are learning, which implicitly means taking risks with tasks that are not yet fully perfected
 - Coaches should train the players with the target skills in mind, for each age group. The measure of success is how much we can develop each player. Refer to these guidelines for age-specific skills and development available at [CCYS Player Skills Guidelines](#)
 - ***We need to make sure that kids have fun playing soccer***

1.3 Some Expectations of CCYS Coaches

- ***Carry an emergency contact list with player medical information at all times. As coaches our primary responsibility is for the safety of the players.***
- ***Create a STACK Account - <http://concordcarlisle.mayouthsoccerconnect.org> After Setting up your account you will receive an email with a link to your U.S. Soccer Connect Adult Registration account where you will be able to log to in take the Abuse Prevention training and a link to/upload your concussion certificate (if you have not taken the concussion training since 2018, you will need to retake the concussion training and provide a current certificate.***
- ***Complete SafeSport/Abuse Prevention online training.*** This will take about an hour. You can stop and restart if necessary. (A thirty minute refresher course will be required annually after the initial training). ***Please use the link in your Stack account to take the Abuse Prevention training; this way the system will automatically mark you as Approved.***
- ***Concussion Training-*** The Center for Disease Control training is the only Mass Youth Soccer approved method. A link will be provided in your Stack account. You will need to upload this certificate for approval.
- ***If you have already done the concussion training on the CDC site in the past year, after you log in, you should be able to click where it says "FULL CERTIFICATE" to***

download your certificate, which you can then upload into your Stack account. You won't need to re-take the course!

- CORI Request - NO COACH CAN BE ON A BAYS ROSTER UNTIL THEY ARE CORI CLEARED. There are no exceptions.
- **Coach Cards & Credentials – For the Fall of 2019 only all coaches listed on the BAYS roster will need to show a government issued photo ID/driver's license to the referees.** All coaches must be registered in STACK have a current approved CORI, have completed the concussion course and have completed the Safe Sport training.
- As Head Coach, you really should prepare or obtain & review written practice plans ahead of time.
- Sideline demeanor – Be a coach and not a sideline director. Let the players play.
- We strictly follow the BAYS Zero Tolerance policy for coaches, players, spectators—see next section for details
- As Head or Assistant Coach you should make every effort to attend the practice sessions led by the professional coaches and actively contribute.

1.4 BAYS Zero Tolerance (ZT) Policy

- All individuals responsible for a team and all spectators shall support the referee. Consequently, BAYS has adopted the following rules:
 1. **No one, except the players, is to speak to the referee during or after the game.** Exceptions: Coaches may ask questions before the game, call for substitutions and point out emergencies during the game, or respond to the referee if addressed.
 2. Absolutely no disputing calls, during or after the game, no remarks to the referee to watch certain players or attend to rough play. **NO YELLING** at the referee, **EVER**, and no criticism, sarcasm, harassment, intimidation, or feedback of any kind during or after the game.
 3. Violators may be ejected and are subject to disciplinary action by BAYS.
 4. If coaches or spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback regarding a referee, please contact the town soccer club referee's coordinator.
 5. **If a referee shows you, or someone else, a Green Card, it means there's been a ZT violation, and it is time to settle things down.**
- ZT Application: Coaches are ultimately responsible for their spectators' behavior. You may be asked to talk to your spectators and ask them to follow ZT policies.
 - Please share these ZT policies with all parents.
 - Fine point: A *player* may speak to the referee to inquire about a call (they may ask for clarification, but not contest the call; this must be done respectfully).
 - **Reporting after the game:** If you have an issue with the refereeing in a game, do not say anything at the game or after the game. You should contact Pam Rockwell and file a report after the game – but keep in mind that your feedback should be intended to help develop the referees, and the purpose of an after-the-game report in most cases will be to provide feedback to the referee about handling a situation/game better; in a few rare cases it might be to contest a game.

- Regarding referees, keep in mind that they are humans and that each player and coach has to accept the human element as part of the game to deal with and manage.
- Be a role model for your players, don't whine or complain about the referees.

1.5 Safety Considerations:

- ***Always err on the side of player safety if faced with an unsafe condition or situation***
- Please maintain a first aid kit and bring it to all practices and games.
- Abundant research shows that soccer players who participate two or more times per week in a properly designed injury prevention program reduce their risk of an ACL tear by up to 60 percent.
- A few basic strength exercises done at every practice go a long way to reducing injury risk, and they will make your players better athletes.
- All players must remove jewelry – this includes earrings (tell your players to wait until the end of the season), non-elastic hair scrunchies, watches, wrist bands.
- ***Goals MUST be anchored or weighted with sandbags – please check this; unsecured goals can be a real hazard.***
- Soccer cleats or turf shoes only. No athletic shoes with a cleat at the very front of the shoe (football & lacrosse).
- Regarding player health/injury: ***If there is any doubt, sit them out.***
- If a player sustains a jarring fall or a blow to the head, sit them out for the remainder of the day and alert the parents. If the player exhibits serious/concussion symptoms, seek immediate medical attention.
- **CCYS approach to heading instruction:**
 - **BAYS does not allow heading for U12 and below games. Intentional heading, or intent to head, will result in an indirect free kick.**

1.6 Licensing

- We strongly encourage CCYS coaches to take one of the new grassroots level coaching courses. These courses are focused on empowering coaches through experiential learning and a player-centered approach. The course options will relate directly to small-sided games and the respective age-groups outlined in the [Player Development Initiatives](#)
- Grassroots coaching courses can be accessed at [Grassroots Coaching Courses](#)
- CCYS will reimburse coaches upon completion of a course and presentation of a coaching certificate.

1.7 Coaching Notes (What Not To Do)

The following are edited excerpts from pages 152-155 of “*Coaching Outside the Box: Changing the Mindset in Youth Soccer, Volume 1*”. ***These are red flags*** –unhealthy behaviors and indicators that a club or coach is focusing primarily on winning and immediate team success at the expense of young players' experiences and progress. ***If you see this behavior, please address it with the individual or coach, or report it to the Age Group Director (AGD), CCYS Travel Director, [Peter Jantzen](#) and/or Director of Coaching, [Mark Thomas](#).***

- A coach or parent demonstrates noticeable anger or frustration when the team gives up a goal or displays too much jubilation when their team scores.

- The coach consistently approaches games with winning as the main objective and/or consistently hypes up the importance of game results with big pre-game speeches.
- A coach or parent displays anger or frustration because of the game outcome.
- A coach or parent constantly shouts, directs, and instructs players from the sidelines.
- A coach or parent deals with mistakes negatively through scolding, making critical comments or being sarcastic, and/or expressing anger.
- The coach 'pigeonholes' players into set positions week after week.
- The coach attempts to hide less advanced players in positions where there is less chance they will be engaged in the play, e.g. wide areas of the field.
- The coach consistently offers the more advanced players greater percentages of playing time.
- The coach repeatedly intervenes during training sessions and talks for long spells of time.
- The coach subjects players to prolonged inactive spells during training, often due to standing in line.
- To improve the team's chances of winning their next game, the coach focuses on team tactics and concepts during training, e.g. corner kicks, set-plays, off-side traps.

1.8 Heading Policy

CCYS strictly prohibits heading the ball for all players under the age of 14. If in the opinion of the referee, a player deliberately heads or attempts to head the ball, an indirect free kick will be awarded to the opposing team. **We are really serious about this, so referees will enforce it, no matter how perfectly a player performs a header.**

Also, please remember that you should not let a player on your team continue to play, or be substituted onto the field if that player does not look like they are fit to play – this is especially important if you think a player has hit his/her head, been hit in the head or been jostled in a manner that a player's head was shaken back and forth. **When in doubt regarding a player's condition after a header, collision, or other incident – please sit them out!** Players and player's parents may advocate for their child to return to the game – your job as a CCYS coach is to protect your player's health.

2 Practices

2.1 Purpose

- The primary focus of practices should be on player development. Player development means that players will show improved fundamental skills in areas such as dribbling, passing, receiving, defending, throw-ins, and shooting. It includes both development of physical skills as well as mental skills such as reading the game, knowing where to move with and without the ball, when to dribble or pass, etc.
- Of course, you will spend some time on team-development activities, such as what to do on set-pieces like goal kicks and corners. But these activities are secondary to player development.
- The difference between player and team development activities is this: If the activity will help players be more effective when playing on another team, it's player development. If the activity primarily helps players be more effective in the presence of their current team, it's team development.
- *Don't forget to let players be creative, especially in practice.*

2.2 Design

- All travel teams should aim to hold two practices a week. Pro-coached practice sessions should be considered one of the two practices. **Coaches are expected to attend the pro-coached practice sessions with their team.**
- Players improve both through sheer volume of playing (number of touches, and touches under pressure) and guided discovery. New coaches can focus on maximizing the number of touches in a training session and be content that they are holding an effective practice. Guided discovery involves providing constructive feedback so that players can learn new skills that much quicker. The ability to coach via guided discovery comes with training (formal and informal) and experience.
- Typical practices progress from a warm-up, to technical skills practice, to small-sided games, to a full-squad scrimmage.
- Typical practices should focus on technical, tactical, physical, and psychological factors. A single activity may focus on one, two, or more of these factors.

2.3 Scheduling

- For teams playing on grass fields, coaches determine practice times and locations based on what works best for the team, collectively. This unstructured approach sometimes results in congestion at certain fields and times. These situations generally sort themselves out as coaches shift to other times or locations and learn that they actually don't need much space to conduct an effective practice.
- For teams that can practice on the turf fields (Grade 5 and up), practice times are scheduled. Our equipment and field organizer Robin Garrison is the point person for this activity.
- Practice conflicts within teams do arise (e.g. there may not be practice days and times that work for everyone. Please try to be flexible and reasonable when handling these conflicts. In particular, on teams with many players who play soccer with other clubs simultaneously, practices should focus on the non-club players, as club players will get plenty of touches during the season. This may impact team effectiveness, but remember, our focus is on player development.

3 Pro-Coached Practice Sessions

- **Pro-coached practice sessions are for 3rd- 8th grade players**
 - We encourage you to build your second team practice around the pro-coached practice session.
 - Coaches - please also plan to attend and contribute to the pro-coached practice sessions. In particular, you can help herd players and address players that are having trouble or disruptive, which will enable the professional coaches to more effectively lead the sessions. You can also pick up ideas from the professional coaches: what activities/communications work better with your cohort of players.

4 Games

4.1 Game Day and Preparation

- **Check and confirm game locations and times with the opposing coach the week prior to the game**
 - This is both a courtesy, and a way to avoid surprises
 - Those playing at the HS should send the “field rules” to opposing coach. These rules are outlined at [CCHS Turf Rules](#)
 - Make sure your opposing coach is made aware of field/time changes ASAP – an email to opposing coaches can be sent through the BAYS website. Opposing coaches’ names can be found on the game schedule by clicking on the name of the opposing team.
 - Get/give mobile phone number/contact info in case you need to be in contact the morning of the game (e.g. possible rainout)
- You must bring two copies of your official roster with your original signature
 - If a player isn’t on the roster, he/she can’t play
 - Jersey numbers must be on the roster – please ask parents of your players to provide you with their child’s number in advance. You can use a PDF editor to insert these electronically at the beginning of the season or let the registrar know and she can add the numbers to your roster.
- **For Fall of 2019, all coaches will be required to show a government issued photo ID/driver’s license and their name must be on the official roster.**
- Before the kickoff, please confirm the game length with the referee (Grades 7/8 play 35 min halves, grade 6 and below play 30 min halves). Check BAYS Rule Book for more info: [BAYS Rules and Regulations](#)
- **Rainouts & Inclement Weather**
 - Rainouts are posted at [CCYS Field Status](#) at approx. 7:00am and will be revised throughout the day
 - We are piloting the use of a Facebook group to enable faster field status updates
 - Blast email will also go out
 - Contact the opposing coach ASAP
 - Makeups: Contact [Robin Garrison](#) for all field rescheduling and [Steve Robinson](#) for referee rescheduling.
 - ***Inclement weather principles: If you hear thunder or see lightning, please immediately leave field and seek shelter inside a building or car. Wait 30 minutes or more after hearing the last thunder before leaving shelter. For further information, please see [USSF Severe Weather Policy/Guidelines](#).***
- **How should you think about coaching during a game?**
 - Focus on providing instruction to the players on the sideline, using the game as a visual for the players asking them questions – “How does our formation look? What options do we have now? What would you do know if you were playing midfield now?” etc.
 - Consider preparing some objectives for each player for the game; these should be skills that they have been working on in practice, and the game gives them the chance to demonstrate, take risks.
 - Don’t overdo the instructions for the game and don’t introduce new concepts – let the players work on demonstrating and practicing what they worked on during the previous week.
 - See this article for a brief on appropriate game behavior - [When the Game Begins](#)

4.2 Other Travel Soccer Practical Matters

- ***Make sure that you make the experience fun***, remember these are young people (even 7th and 8th graders!) and they want to have fun.
- Poll your team early about vacation weeks and holiday weekends (Columbus Day in Fall, April vacation and Memorial Day in Spring). *If you need to make-up the Columbus Day weekend game – we strongly encourage you to try and make it up before Columbus Day weekend.*
- BAYS supports teams that wish to reschedule a game to honor a religious holiday.
- ***If needed please find a volunteer team manager*** to handle communications with your CCYS team AND with the opposing team.
- ***Make sure you have two coaches or CORI-cleared adults available at each practice*** (for safety and security). This is needed so that one adult can tend to an injured player (e.g. go the hospital with the player if needed) and still have an adult available with the remaining players.
- All volunteers, including high-school helpers, must be registered with CCYS.
- ***Mid-season section changes are possible*** if you are winning/losing by very large margins in your first 3 or so games. Please work this through your AGD. Please note that BAYS ultimately has discretion over changes.
- This is worth mentioning twice: ***Carry an emergency contact list at all times when you are with the players.***
 - Be prepared to use the contact list and emergency form in case your players need medical care.
- CCYS site has a comprehensive review of what you need to be doing and thinking, please review the [CCYS Coach Guidelines](#)

5 Fields

PLEASE ADD THE BELOW NUMBERS TO YOUR CELL PHONE

Emergency Dispatch for Concord: (978) 318-3400

Please note that if there is a medical emergency AT A CONCORD FIELD, a 911 call from a cell phone goes to the state police, not the local Concord dispatcher, so they may not know where your field is.

Emergency Dispatch for Carlisle: (978) 369-1155 or 911

Please note that if there is a medical emergency AT A CARLISLE FIELD, a 911 call from a cell will go directly to the local Carlisle dispatcher.

Addresses for CCYS fields:

In Concord:

CCHS Upper Turf Fields behind **Concord Carlisle High School** at 500 Walden Street in Concord

Memorial Stadium Turf Field below **Concord Carlisle High School** at 500 Walden Street in Concord

Cousins Field at the corner of Brown St. & Prairie St. in Concord (across from 146 Prairie St.)

Cushing Field behind the Peabody Middle School at 1231 Old Marlborough Road in Concord (also accessible from Old Pickard Road across from 93 Old Pickard Road)

Emerson Fields behind the Hunt Recreation Center at 90 Stowe Street in Concord

Rideout Field at the corner of Lawsbrook Rd. & Conant St. in Concord (by 97 Lawsbrook Rd.)

Ripley School Fields at 120 Meriam Road in Concord

Sanborn School Fields at 835 Old Marlborough Road in Concord

Willard School Fields at 185 Powdermill Road in Concord

In Carlisle

Spalding Fields at 120 Church Street in Carlisle

Banta Davis Fields at 304 Bedford Road-Route 225 in Carlisle

Practice field notes:

[CCYS Practice Fields](#) (Pre-season practices - please practice on grass fields that are open)

Grass practice fields are not reserved for practices, and games take precedence over practices. Robin Garrison will email coaches when she knows there is a make-up in order to notify them that a certain field is unavailable for practice(s).

7 v 7 fields: Banta Davis, Ripley, Willard, Sanborn, Rideout

9 v 9 fields: Cushing, Ripley, Willard, Rideout

CCHS Turf 2 - Reserved scheduling during the season

11v11 fields: Sanborn, Emerson Oval (check with Robin Garrison for availability), Cushing

CCHS Turf 1 - Reserved scheduling during the season

Please contact Robin Garrison for CCHS Turf scheduling, and please be good citizens as we share the fields with others local youth sports teams.

To reschedule a game please see [Game Rescheduling/Make-Ups](#)

All home make-ups games must be coordinated with CCYS Fields Manager, [Robin Garrison](#)

Holidays: Games are scheduled over Columbus Day Weekend. Please ask now if your players or opponent will not have enough players to field a team. If you know that you will not play a game, please let [Robin Garrison](#) know as soon as you can, even if you are not sure when you will play. Please try to pre-poner or postpone your games now.

6 Contacts & Resources

6.1 [Contacts](#)

Your Age Group Director (AGD) is a valuable resource, please keep him/her informed of all issues with players, parents, referees.

Girls' Grade 3	Claire O'Brien	(617) 872-0511
Girls' Grade 4	Matt Kilmartin	(978) 505-6605
Girls' Grade 5	Joe Johnson	(978) 369-6933
Girls' Grade 6	Open Position	(978) 369-3566
Girls' Grades 7- 8	Kellie Anjoorian	(978) 369-0806
Boys' Grade 3	Katie Small	(617) 817-6166
Boys' Grade 4	Jeff Furman	(617) 777-0505
Boys' Grade 5	Paul Grasso	(617) 834-1463
Boys' Grade 6	Peter Jantzen	(978) 405-3181
Boys' Grade 7- 8	Greg Legault	(978) 505-6605
Travel Director	Peter Jantzen	(978) 505-6605
Director of Coaching	Mark Thomas	(978) 831-8174
Field & Eqmt. Manager	Robin Garrison	(978) 369-1251
Referee Coordinator	Steve Robinson	(978) 287-4666

6.1 Useful Coaching References:

- [CCYS Coach Resources](#)
- [US Youth Soccer Player Development Initiatives](#)
- [US Soccer - Coaching Education](#)
- [Coaching Outside the Box: Changing the Mindset in Youth Soccer](#)
- [BAYS Rules & Regulations](#)
- [CDC Concussion Awareness Training](#)
- [MA Youth Soccer Practice Plans](#)
- [US Youth Soccer Practice Plans](#)
- [Soccer for Parents](#)
- [FIFA Laws of the Game](#)
- [FIFA 11+ Injury Prevention Program](#)
- [Resource for ACL Injury Prevention](#)
- [US Soccer Coaches Commitment to Culture](#)
- [NSCAA Playlist of Activities](#)
- [Online Soccer Academy](#)
- [Soccer Coaching - Weekly Podcast](#)

7 Key Dates

- **September 7:** First CCYS Travel Games & Grade 5-6 In-Town Games
- **October 12:** Columbus Day Weekend (Games Scheduled)
- **November 9:** Last CCYS Travel Games